M2513

Lunch

Barn

Sunday 1/5/75

LUNCH

MR. NYLAND: Well, gradually I think that the silence creeps up on you. And then when a few are silent, then you don't dare to eat any longer. On the other hand, when the doffee is almost served, I think it is time enough, it seems to me that you have eaten sufficiently.

Isn't it wonderful that with this kind of a weather and so many people and mid-winter. Did you notice the light spot on the ceiling? That's the enneagram projected, and it starts on the left side, from my side here, and it goes to the right. Maybe it can bless us. You cannot see the spokes of it, but nevertheless, it is the enneagram. Does the Law of Nine govern you? Do you understand the Law of Nine? You can understand Seven by experience, the Law of Three you can understand when the emphasis is on your inner life, but the Law of Nine, is when you are free from this Earth. That is 3 times 3, that is separation of all 3 centers and making them free. At the moment when they can become one, three to the third power, we are in the Law of Nine, and then we are ready to enter into a different kind of level which we call cosmic consciousness.

That is why one can ask the blessing from an enneagram, and the enneagram is that what is your aim. When you have forgotten your aim, take the enneagram out and look at it. There is the Law of Seven and the Law of Three. Both will remind you of your outer life and your inner life. And each time when the lines cross, there is a contact between the SevenLLaw & the Law of Seven and the Law of Three. And that contact is always twice - 1-2-4 crosses the triangle at two places, returning from 4 to 2, again you cross the triangle twice 1-4-2 is ordinary life; then one wishes something else and you have to cross over to eight. Again you cross the triangle twice and so forth; if you continue, you will see it happens all the time. That what is o the half, on the right side of the enneagram, is actuality of outer life, with a little indication of a triangle existing but not completed. You wish to complete it by going across to the other side but you would like to go across in the regular circumference, 1-2-3-4-5 and then across to 6, and you cannot do that. You have to go up again to where you originally were; then you cross, and then you can come do to the emotional body.

Try to think about these things a little bit of what is this actual Work that takes place. We talked about it last night. I asked for people who had had experience to speak. I think the level of the meeting was different, and ~~it is~~ exactly that what we have to discuss, because in each person's life, when he becomes interested in Work, and actually tries to understand consciousness and has a terrible time developing a conscience, ~~He~~ goes through a period sometimes I call it, like death, a Valley of Death, of being very disappointed and disturbed, not being able to recall what it used to be, and not having enough strength to continue. How to continue depends a great deal on the realization of what one actually is,

and the accumulation of a variety of different properties that one starts to notice of oneself, many of which are quite negative. And many of them are in the way as obstacles. They only way by which one can continue and overcome such obstacles is to become extremely simple and acknowledge that what is already positive within one, without wanting to pay attention as yet to the unsolved problems which are waiting for you.

That is always the case, whenever one becomes interested there is a period in which you have to rest, because many times your desires are more than you can digest, and then there is an accumulation of things that you ought to do and you don't do, and of course it is frustrating. Your mind of course wishes you to do it, physically it is sometimes impossible and because of that, the desire of wanting to do it is pushed in the background. If you look at your ordinary life in that way, with your interest and enthusiasm, it always stops after a little while because of the accumulation of such a number of things that you almost would want to do at the same time, and that means that when you are engaged in one thing, like we talked about the other day, you are considering all the other things that ought to be done and you really cannot make up your mind as yet becaus you don't know the value of that what ought to be done.

So what is required is to find out what is most important, and in answering that particular question, I said, come to yourself in that form of unity of the realization that you are existing and that there are certain things which have to be done. Then start to work in order to have a measure of that what is right and what is not right I called it wrong; that what is in the interest of your future as an individuality, not as a personality. And then, from that standpoint, you will have a chance to judge what you should do and what you shoul not do. It is still difficult because there continues to be an

accumulation of a variety of things that are important, and the measurment is many times tinted by ordinary life, and sometimes ordinary lif has requirements which you cannot avoid. For instance, if you have to finish your house because a baby is coming, there is a deadline, you might call it a lifeline you have to meet, and you have to do it because you cannot postpone such things. There are requirements in ordinary life which have to be done, like eating and sleeping and drinking, taking care of your body.

Not In relationships, as far as respnsibilities are concerned, those are already laws, they belong to the 1-4-2 of the enneagram. You are not entitled even to go over to 8 until you have settled such ordinary affairs of ordinary life. You must pay attention to them because no one will allow you to go to 8. What is 8? It is the intellectual center, in which you then, close to 9, almost are approachin that what is the final aim. But at 8 you still know that you cannot reach 9 unless your emotions are also in equilibrium with your wish, which is expressed by your mind. And you have to go down after the 8, 1-4-2-8-5 - which is the emotional center in a ~~h~~ightened state. It is already a little bit further advanced than 4. Four in itself refers to ordinary life. Five starts to indicate already the possibility of a ~~A~~esdjanian body functioning as ~~an~~ emotion, and then having been fed by the influence of 5, you ~~can~~ will return to 7. 7 again is intellectual, but now it is much simpler because that is the beginning of the intellectual body. So instead of being interested in that what is an ultimate aim and desdribing it in theory, you return with an emotion to 7, where it is possible for you to understand how actually to utilize all of it, what you have then accumulated, in order then to come to the final decision to go back again to 1.

I say again, look at the enneagram and see what you can understand by different interpretations, and giving ~~it~~ different names to the different numbers, and to see how they are related. Ouspensky can help you a little bit, but I think it is much more important for yourself to try to apply it with the conditions of ordinary life with which you are familiar. And you have to understand that, at least theoretically a little bit, so that then, when you wish to Work, you remember that, when particularly in ~~a~~ the state where you really have no desire, or where there is an accumulation which is frustrating, that you then take whatever now is in existence within yourself of a simplicity of understanding how Work was in the beginning for yourself. That you might say is like an intellectual process of that kind of memory. But then when you are there, and you express it in the terminology which belongs to that number 8, you see two sides of yourself. You come from the outside world, you wish to go to the inside, to your inner life. At 8, you are quite close to 9, which is the direction of the Lord.

And so the mixture ~~which~~ that takes place in the ~~aaage~~ of different kind of concepts which have a very definite value but which are not as yet your own, but theoretically they start to satisfy you in defining more and more what your aim could be, and the reason now why you have to do down to 5 is to acquire emotional energy for the purpose of really becoming that what you should become, which is 7. The difference between 8 and 7 is really that 8 is complicated and 7 is simple. And that it is necessary to become first as simple as you can be, admitting it even intellectually, with an emotional energy which is available for one before you can make the jump as it were, to go back again to the new cycle in a new enneagram.

I condense these different statements now and I don't know if

you can follow them, but take the enneagram in front of you and see what you can find out, and make your own notes. Because for each person after he has worked for some time, and has discovered a great deal about what he actually is, and has been impartial as often as he can be, and actually will admit many times that things are so and this is me, and it cannot be changed because that happens to be my particular nature; then there is that great disappointment. First, a questioning of that what one has done - is it right or not, has it been in the direction of objectivity? And in the second place, looking at oneself and having more and more knowledge of oneself, also a realization how little one really can do, and how tremendously dumb one is regarding the possibility of a development of ~~one's~~ your inner life. You have to have that experience for several years before you come to that point, but when you are there it is sometimes a very long period of frustration.

Such disappointments appear then, and so many things seem to become obstacles which did not use to be such obstacles but simply because you were not familiar with the variety of the possibilities of your life, since you always have excluded many things in your ordinary existence with which you didn't want to deal. Now you have to deal with them because the whole process of growth is dependent on the totality of the personality, knowing it and feeling it, in order to go over to an individuality which then can become really conscious and conscientious.

I say, don't be disheartened and don't despair. It is in the nature of growth. It is in the nature that certain things at certain times must take time for digesting, and sometimes when one reaches a state of such disappointment, it always means that there's a great deal to be digested. It is as if many things have been put aside and ~~really had~~ have to wait until you really had the time to be, as it were,

alone with yourself. And then you have the time and you start then by taking one pile after the other and see what is there of value, and throw away what is no longer of any use. Psychologically, one has to learn how to do that, to be quiet and consider oneself sitting, and seeing that that what one has aimed at is not as yet reached, and that one doubts sometimes very much that you have the patience and the energy to do it. At the same time, remaining in contact with what I have said is this point 8, that is the grace from God, realization of oneself as life, even if one is a child, that one is entitled to grow up, that the reason for the existence of life in a child is actually to give him a very definite wish to continue to wish to live, regardless of what, at that time when he is a young child and Mother Nature takes care of a great many things, so that his growing up is almost automatic, this time it is one's own responsibility. Andyou have to do that on your own initiative, and sometimes against the laws of Mother Nature.

That's what makes it so difficult. That's also what makes it so being alone, because it is very difficult to formulate what you actually feel, and when you don't have a chance to talk about it, or you are afraid that the friends around you will not understand you, you become very much withdrawn within yourself. And you go throughpperiods of great difficulty. And again I say, don't despair. Keep on Working and only see that what is positive within you which gradually can accumulate. When it is accumulating more and more, you will have belief that there is a possibility of ultimately seeing more light. But be satisfied sometimes with ~~in a gust(?)~~ just of a little candle, giving a light almost that you can say, I can write by it, but it is not very distinct as yet, or when the Sun comes up in the morning, that you say it is beautiful to look at butas yet it is still too dark and not as much of use to me. That then there is born in oneself this particular

desire to hang on, not to give up, have the tenacity, and really that what gives you an insight into yourself of a wish to see that what is needed now is exactly that holding on to that aim, looking, every once in a while, towards that aim, and then saying very silently, yes, I am part of it.

It will give you of course at times a certain strength. At other times it may be very difficult, but you must continue, Keep on realizing that that what you started with in the beginning can still be reconstructed, that the way one was, open, when something new came in, and the interest and ~~the~~ enthusiasm and the wish to find out, is still there, but it has been covered up.

When you come to your quiet moments within yourself and a great many things have come in on you which are difficult to digest, sit quiet for a little while to let it simmer, and let it take its own place, and don't try to attempt to force anything. Just be, but keep on with your ordinary life, in the best way you can because that will give you the balance, ~~of~~ out of which gradually there will be a desire for your inner life to develop more and more. You see, you will not stay at the point 8. You will be really compelled to go down and get sustenance from your emotions. Your ~~The~~ emotions ~~at~~ this time mean that God has, in some way or other, entered into it. It means for oneself that one has allowed other people to enter into one's own world, that you really wish to do something not only for yourself, but also for others. Last night of course I called it selfishness and compared it to altruism. That what really enlarges your world can be made up of other people, because it is much easier, as it were, to start with, because there is such a quantity of possibilities. And it is less time-consuming because if you depend on your own development it might take many years before your Kesdjanian body starts to become active. Don't

worry about that. Just attend to your ordinary life in the best way you can with an open eye, and open ears, and in such a way that at times when you really wish, you shut your eyes and you shut yourears, you just be yourself, a body existing, with a blood circulation, and thank God with a heart that can send it around. Don't trust too much on your mind as yet; it plays tricks on you. Later on it will develop in order to prepare the soil for a Soul. The Kesdjanian body becomes the quintessence of one's living at the present time on Earth, and much is dependent on relationships with other people, and a wish to understand them feelingly. Feeling of course goes over into an intuition.

This is the result of sensitivity. From intuition it goes over into the deep, deeper depths of an emotional world, in which you must let enter a variety of different forms of life also existing; sometimes I say, that the world exists for me, in order to help me. And then I change it and say, but I exist for the world. I change this kind of direction, first coming to me - that I think I'm entitled to receive it, provided I can use it in the right way, and then converting it into a wish to go out into the world, not only for testing myself, but to give evidence of that what is alive in oneself, to see that others also could profi by such an example. Of course it is very difficult and of course ther are so many trapdoors in which you can fall. Many things you will find yourself still too much bound, and it is far from easy to get up the hill out of the depths where you are. We slide into it quite easil and before you know it, you are almost covered when you sit in a pit.

When you are there and the pit is deep, you see very little of the sky. That is the dawn in the sky which you remember as light. You wish to go back to it but you have to climb up the wall of the

pit - sometimes it's almost vertical. You try to find out where you can find a foothold and you step on a stone which seems to be quite right. And when you do, it is probably a little bit too much for the stone. You fall back again. That is the problem we have. Keep on climbing, keep on holding on to whatever you can get hold of. Don't be disappointed, but keep ( ) that we gradually can understand what is meant and see what we can do in practical work.

Movements we will start on Saturday with having two small groups for beginners. We will arrange that. We will use up or see what is on the list of the people who are waiting. I'm waiting for Victor to come back to arrange it, but we make definitely arrangements for that Saturday. We again will put intermediates on Friday. It is the best time, and on Sunday we will see what to do ultimately with the so-called advanced people.

There will be different things that we will try at different times. Don't be afraid of them. We must get used to be able to change. We must know that sometimes a surrounding has to be different, that there must be a rearrangement in order to bring you back to the existence of yourself and excluding monotony, that you really feel that you can be alive in a new surrounding because it calls to you, as it were, saying wake up. Make yourself ( ) in your room at home. Then disturb it a little bit and allowing sometimes a little bit of dirt to accumulate and then go after it and clean up the dirt and make a clean ship. It's a very good method. The difficulty is that when you're asleep, the dirt will accumulate and then you wake up, and you see how difficult it is to start when it is already so difficult in unconsciousness.

Try to Work. Don't let Work go by. Make resolutions, like on

birthdays, like on the fourth of July, like at the end of a year, see what are the difficult months for you astrologically, and see that you can make up your mind to face it in a different way because Mother Nature will help you to change the conditions. The seasons are not the same, and therefore the adaptation to each season also has to be acknowledged. Do not do more than you can do. Learn to find out how much your energy is worth, and how much there is actually for certain purposes.

What else will I say? Not much more. That is really everything in a nutshell. Keep on Working, doing...a little thought for clarification, a little feeling for the motivation and to set certain things going, but if actually the doing could become a perpetual mobile, that would be the saving grace from God.

To Gurdjieff.

END TAPE

Trans: Andrea
Rough: Jessica
proof: Dorothy P.
proof:
proof: